



Great Cultures & Religions of India

With Kelley McHenry & Arvind Singh
October 1-16, 2019

**Please note that itinerary is subject to change*

	Activity	Evening Location
Day 1	Depart Home city for Delhi via Seattle	Overnight flight
Day 2	Arrive New Delhi, driver will meet you at Indira Gandhi International Airport and take you to the hotel.	New Delhi
Day 3	Morning: Yoga; Orientation to India. Visit Jama Masjid, Red Fort, and lunch in famous Chandi Chowk. Afternoon: Train to Amritsar. Evening: Rest	Amritsar
Day 4	Morning: Yoga and breakfast. Afternoon: Visit Jallianwala Bagh and Golden Temple the heart of Sikhism Evening: Yoga before dinner, then free to rest or explore	Amritsar
Day 5	Morning: Train to Rishikesh. Afternoon: Late afternoon arrive Hardwar railway station and transfer to Rishikesh. Check into the hotel. Evening: Yoga before dinner.	Rishikesh
Day 6	Morning: Yoga; Walking tour of Rishikesh with discussion on Hindu temples and pilgrimage. Rishikesh has been nicknamed as World capital of Yoga. Evening: Visit Parmarth Niketan for Ganga Arati ceremony.	Rishikesh
Day 7	Morning: Experience what is likely to stay in an Indian Yogi's Ashram. We will visit Parmarth Niketan or Swami Dayananda Ashram for yoga and meditation. Afternoon: Lunch in the Ashram and discussion on Yoga and yogic tradition in India. Evening: Free.	Rishikesh
Day 8	Morning: Yoga and free time in Rishikesh to	Rishikesh-New Delhi

	explore. Afternoon: Presentation and discussion on Jainism and visit a Jain temple with beautiful carvings. Evening: Take Shatabdi express train to New Delhi.	
Day 9	Morning & Afternoon: Yoga, and free time. After lunch transfer to New Delhi Railway station to board Rajdhani Express train to Bodhgaya. Evening: Board the train at 4.48 pm.	Overnight train to Gaya
Day 10	Morning: Arrive Gaya railway station and transfer to Bodhgaya. Check into the hotel and have free time after yoga and breakfast. Afternoon: Presentation / discussion on Buddhism. Visit temples and monasteries in Bodhgaya. Evening: Visit the Mahabodhi temple-the sanctum of Buddhism. We will meditate under the Bodhi tree where Buddha meditated and got enlightened.	Bodhgaya
Day 11	Morning: Yoga. After breakfast drive to Varansi, enroute visiting the tomb of Sher Shah in Sasaram. Afternoon: Lecture and discussion on Ganga and her worship by Dr. Arvind Singh, Evening: Aarti ceremony on the Ganges at the Dashashwameth Ghat	Varanasi
Day 12	Morning: Yoga. Talk by Prof. Rana P.B. Singh on the sacred geography of Varanasi. Afternoon to early evening: Temple tour and Banaras Hindu University Museum Evening: Indian classical music performance	Varanasi
Day 13	Morning: Ganga boat ride at sunrise; guided walk in the oldest bazaar of the city; Yoga; Presentation and discussion on Indian art by Prof. M.N.P. Tiwari. Afternoon: Visit Sarnath, birthplace of Buddhism and see beautiful antiquities at the Sarnath museum Evening: Free	Varanasi
Day 14	Morning: Yoga; Talk by senior professor from the Institute of Ayurveda, Banaras Hindu University on ayurvedic medicine. Afternoon: Visit bazaar Evening: Overnight train to Agra	Varanasi-Agra (overnight train)
Day 15	Morning: Arrive in Agra, proceed to hotel for yoga, breakfast, and rest. Prepare for tour of Taj Mahal. Afternoon: Guided tour of the incomparable Taj Mahal. Built in 17th century by Mughal Emperor Shah Jahan as a memorial to his beloved wife, Mumtaz Mahal, it took 22 years and the labor of 20,000 men. The white marble for this perfectly proportioned building with its amazing delicate inlay work was transported to the site by elephants from a quarry 200 miles away. Evening: Free. For those who want to shop, we will go to a place with exquisite Indian crafts.	Agra

Day 16	<p>Morning: Yoga and breakfast. Take it leisurely before we depart for Delhi.</p> <p>Afternoon: After lunch start for the Delhi Airport for the flight back home. Enroute visit Mathura, the birthplace of Krishna, (and Vrindavan, if time allows)</p> <p>Evening: Transfer to the International Airport for onward flights to home cities.</p>	Agra to Delhi, flight home.
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